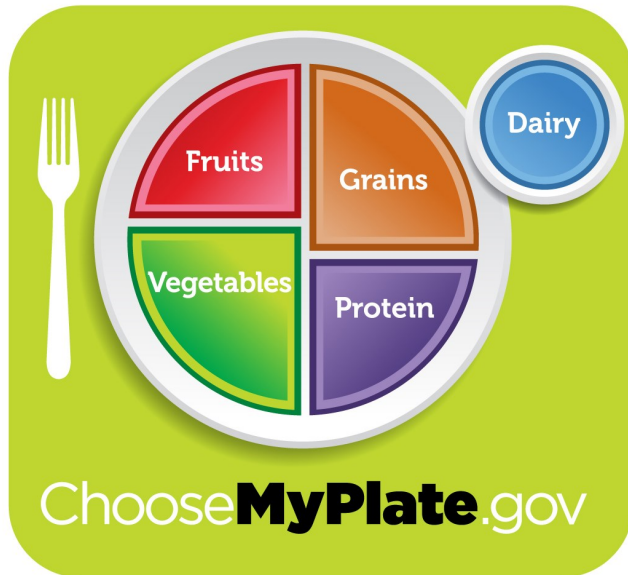


Nutrition During Breastfeeding

Congratulations on your decision to breastfeed! A balanced and healthy diet is always important throughout your life. When you breastfeed you need to eat about 300 - 500 extra calories each day. For help on selecting healthy items go to ChooseMyPlate.gov.



Follow these guidelines for a healthy, balanced diet while you are breastfeeding:



Switch to skim or 1% milk

Both have the same amounts of calcium and other essential vitamins and nutrients as whole milk, but less fat and calories.

Make at least half your grains whole

Choose 100% whole-grain cereals, breads, crackers, rice, and pasta.

Vary your protein food choices

Choose lean meats, poultry, fish and other protein sources such as dried beans, nuts,

Make half your plate fruits and vegetables

Choose from fresh, frozen, canned or dried fruits and vegetables.

Caffeine

- Caffeine is found in tea, coffee, chocolate, soft drinks and energy drinks.
- Caffeine passes into breastmilk.
- Limit caffeinated beverages to 16 ounces or less a day.

Weight Loss

- The key to weight management is to set reasonable goals.
- A healthy weight loss is no more than two pounds per week.
- Cutting calories too much may reduce your milk supply.
- A balanced diet and physical activity can help with weight management.

Rest

- Getting enough rest helps you take care of yourself and your baby.
- When possible, sleep when your baby is sleeping.
- The support of family and friends may be helpful to allow you to get enough rest.

You and Your Baby's Health

- It is important to see your doctor for a 6 week postpartum check-up.
- Talk to your doctor about birth control options and before taking any over-the-counter or prescription medication.
- Avoid tobacco, alcohol and drugs. They are harmful to you and your baby.
- It is recommended to continue your prenatal vitamin while you breastfeed. Once you wean your baby take a multivitamin with folic acid during childbearing years.

Water

6 to 8 cups daily

- Drink enough water to satisfy your thirst and prevent dehydration.
- A good rule is to have a glass of water each time you breastfeed.
- If you drink juice, choose 100% juice and limit to 6 ounces a day.
- If you drink caffeinated beverages such as soft drinks, tea and coffee, limit to 16 ounces or less a day.
- Sugar sweetened beverages and soft drinks can make weight loss more difficult.



Grains

6 to 10 ounces daily

Make half your grain choices whole grains. Grains supply B-vitamins, iron, fiber and energy! Look for 2 or more grams of fiber per serving.

A one ounce serving is:

- 1 cup ready-to-eat cereal
- 1 slice whole wheat bread or roll
- ½ cup cooked cereal (oatmeal)
- ½ cup cooked brown rice
- ½ cup cooked pasta
- ½ hot dog or hamburger bun

Fruits and Vegetables

2½ to 3½ cups of vegetables daily

2 to 2½ cups of fruits daily

Choose a variety of fruits and vegetables daily.



Good sources of vitamin C include:

- broccoli
- green pepper
- orange or grapefruit juice
- oranges
- strawberries

Good sources of vitamin A include:

- sweet potatoes
- butternut squash
- cantaloupe
- carrots
- greens
- broccoli



Eating fruits and veggies every day is important for good health!



Meats and Beans

5 to 7 ounces daily

Meats and beans supply iron and protein.

A one ounce serving is:

- 1 egg
- 2 tablespoons peanut butter
- ¼ cup cooked dry beans, peas or lentils
- 1 tablespoon nuts or seeds
- 1 ounce of lean beef, pork, chicken, turkey or fish

Milk

3 to 4 servings daily

Dairy foods provide protein and calcium for strong bones.

One serving is:

- 6 to 8 ounces yogurt
- 1½ ounces natural cheese
- 8 ounces milk



Non-Dairy Calcium Sources

One serving is:

- ¼ cup whole almonds
- ½ cup turnip greens
- ½ cup calcium fortified fruit juice
- 1 to 3 ounces canned fish with edible bones



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